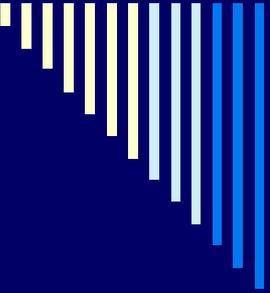


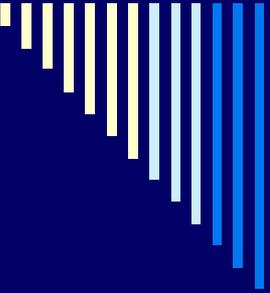
Stress Hardiness

Health Promotion Wellness Program
Navy Marine Corps Public Health Center



Hardiness

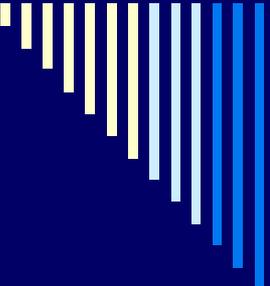
- ❑ **Some individuals are able to deal and cope with stress better than others!**
 - ❑ **Hardiness is the ability to deal effectively with stress**
-



Hardiness



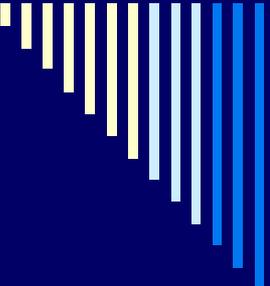
- Can become tougher and stress hardy through encountering stress, coping and learning from experiences!
 - We all can enhance stress hardiness skills!
-



Key Components of Hardiness

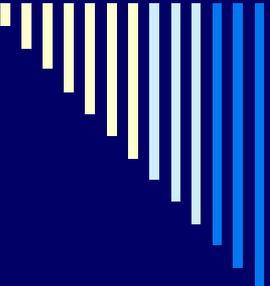
- ❑ **Control**
- ❑ **Challenge**
- ❑ **Commitment**

How to Improve Stress Toughness



Control

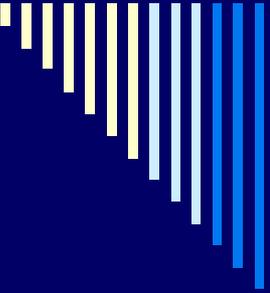
- ❑ **Belief that person has control over their life**
 - ❑ **Can manage any problem that they face**
 - ❑ **Outlook is positive!**
 - ❑ **Feeling in control helps to decrease stress!**
-



Challenge

- View life as a challenge**
- Do not see as a threat or a endless group of problems...**
- Seek and take on challenges**
- Believe will learn from challenging experiences!**

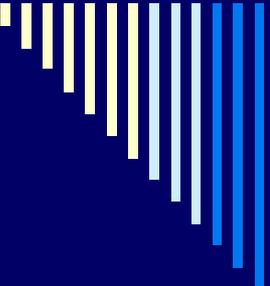
Ways to Improve Stress Hardiness!



Commitment

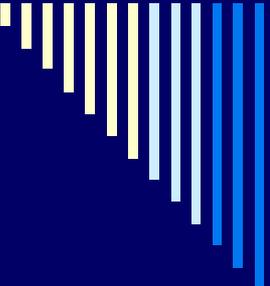
- **Have a mission!**
- **Committed to what they do!**
- **Belief that what they are doing is meaningful, purposeful and right!**





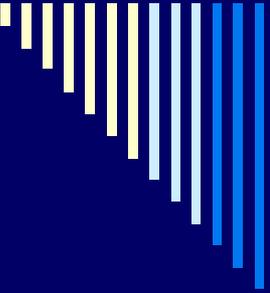
Improving Hardiness

- ❑ **Respond appropriately to change.**
 - ❑ **Assess how you react to changes and to stress.**
 - ❑ **Remember that not all types of change is negative!**
 - ❑ **Downplay and minimize the effects of change through exploring the consequences of change**
-



Enhancing Hardiness

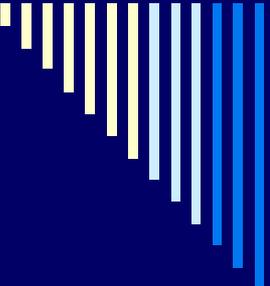
- ❑ **Change your self-talk!**
 - ❑ **Watch and monitor what you say to yourself**
 - ❑ **Often when we write our thoughts down they seem to be illogical, incorrect or harmful**
 - ❑ **Modify interpretation and the meaning of self-talk so that it is not negative**
 - ❑ **Switch your inner voice from I can't to - I Can Handle It!**
-



Self-Talk Tip

**Things are neither good or bad,
But thinking makes them so.**

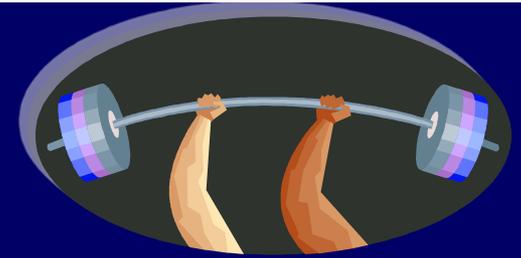
-Shakespeare



Practice Relaxation Skills

- Relaxation Strategies are used to reduce stress, to relax and improve toughness!
 - They allow time to regroup, recharge and reduce the physical and mental responses to stress
 - Relaxation techniques include -
Muscle Relaxation, Breathing, Imagery, Visualization, Meditation, Prayer...
-

Get Fit!

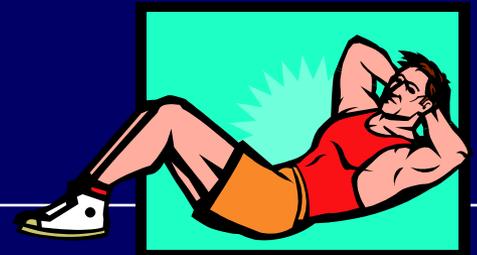


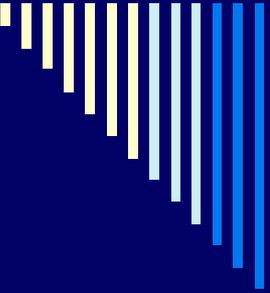
- **Staying & maintaining physical fitness is a great stress buster!**
- **Keep your body tuned up and ready to go!**
- **Helps to buffer and immunize against the effects of stress!**



Practice Hardiness

- ❑ Face tough situations and handle the distress!
- ❑ Practice the coping skills of-
healthy response to stress, positive self-talk, relaxation strategies, view as challenge and belief that will be okay!
- ❑ See self as stress hardy!



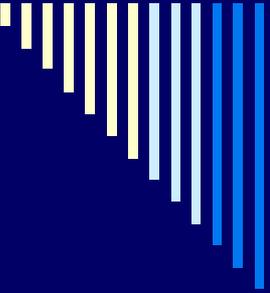


Stress Reduction Tip

Don't sweat the small stuff!

It's almost all small stuff!

-Dr Richard Carlson



Stress Hardy Plan

- What is your plan to improve your toughness and stress hardiness?**
 - When will you start to get tougher?**
 - How will you improve your hardiness?**
 - Where will you practice?**
-

Hardiness

- **View self as in Charge, in Control and as Positively Challenged!**
- **Look at your aggravations and hassles as a Quiz on how well you are handling stress!**

